

## MAY 2017



# PEMBRIDGE



### HFWI WI House

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Federation Chairman - Val Lewis

Federation Secretary - Pauline Shannon

HFWI Charity No: 1056051

The contributors to this newsletter are responsible for the accuracy of their information, and should be contacted direct with any queries.

**OFFICE OPENING HOURS: Tuesday and Wednesday 9.30 - 2.30pm**

## CHAIRMAN'S CHATTER

Dear Members

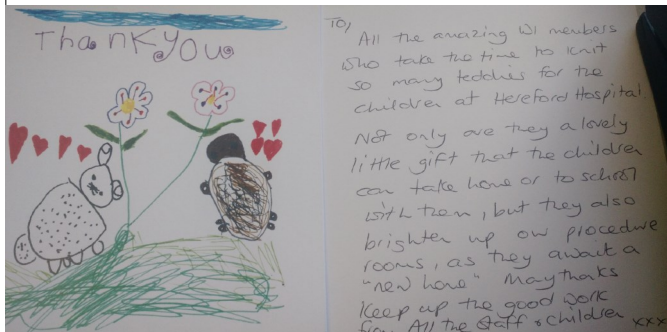
By the time you read this our Annual meeting will be a distant memory and we have the National Annual meeting in Liverpool to look forward to. Delegates please remember that you are attending as a representative of your group of WI's and you will need to write a short report of the meeting and give it to the other WI's in your group and present it to your WI. You also need to give your own WI a report of our Annual Meeting as I am sure that you will have done by now. WI house is at last finished and as fully updated as we can. We are getting another valuation done as I am sure that this work must have increased the value of the property.

We are having two open days for members to come and visit WI house to see how we have spent your money. These days are on Friday 9<sup>th</sup> and Saturday 10<sup>th</sup> June from 11am to 3 pm. The Trustees will be present and we will give you a cup of tea or coffee and a slice of home-made cake, possibly made by me. There is obviously no charge for this and I hope that members will come and visit us - it would be lovely to have a chat. I would appreciate you letting us know if you are able to come so that we don't run out of cake if lots of you attend or subject our families to compulsory cake eating if not many come!! Hope to meet you in June

Val, Val Lewis, Telephone: 01544 327700 Email: chair.hfwie@gmail.com

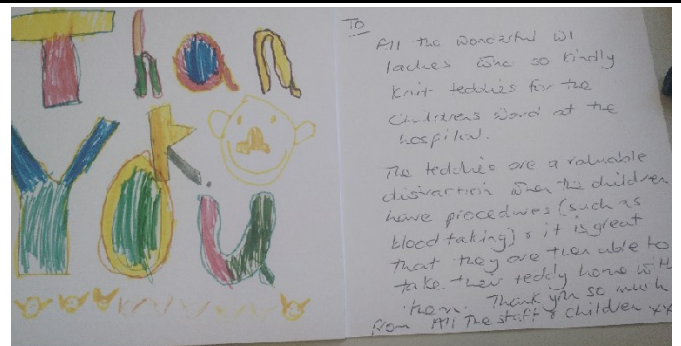
## TEDDIES TO HEREFORD HOSPITAL

Jane has just taken another 50 teddy bears to the Children's Ward at Hereford Hospital. The sister was so pleased as they get through them very quickly. Children



love them as they are all different colours,

but the same pattern so no one feels they are getting more than anyone else. So thank you and keep knitting!!



## DIGITAL NEWS

The NFWI are launching a new members' area of the WI website in June at the Annual Meeting in Liverpool. This will be called MY WI. If you wish to have access to this site your email address must be on your MCS record, so please speak to your MCS representative if you are not sure if it is recorded. Your secretary will have received a leaflet about MY WI in the last mailing from NFWI. It is also available to be downloaded from the National Web site front page under DOCUMENTS. I will prepare a course about this later on in the year if requested. In the last newsletter there was a request for volunteers for a new Digital Sub-Committee. There are still spaces for volunteers on this committee. Please contact me if you require any help with your computer or tablet, your own WI Facebook page or website. The Herefordshire WI website address and Facebook address are always on the front page of the newsletter.

Alison Lord

digitalchampion.hfwie@gmail.com

01544 340256

## ADVISER TRAINING

My second weekend of WI Adviser training was held on 1 & 2 April at Denman. The gardens were looking very beautiful but we had to work hard indoors to cover the syllabus all about the structure and constitution of the WI. Sadly two members from the first weekend had dropped out for personal reasons but there were still 17 of us and it was like meeting old friends again.

Our last session will be in May; learning all about WI Finance and bringing everything else we have learned together. We also visit NFWI headquarters in London.



**Bulb orders** - Ask your Secretary for a copy of the Bulb Catalogue 2017. Orders have to be in to WI House by 7th June

**COPY DEADLINE FOR JUNE NEWSLETTER TUESDAY 9 MAY 2017**  
Please note late contributors may not be accepted for the current Newsletter

## FUNDRAISING COMMITTEE

### LONDON VISIT 2017

Tuesday 12th, 13th & 14th September

The holiday will include visits to Wrest Park, Ham House, Charlecote Park and a viewing of the Wallace Collection. Full Afternoon Tea at the Queen Anne Orangery At Kensington Palace. Dinner at Cafe Rouge and much more besides. We will be staying at the Hilton London Metropole Hotel.

Please send an A5 stamped addressed envelope for brochure to Eileen Dilley, Bramley, Sutton St Nicholas, Hereford, HR1 3AY. Telephone 01432 880527

### VISIT TO ROYAL MINT, LLANTRISANT

On the 1<sup>st</sup> March, WI Members & friends enjoyed a visit to the Royal Mint, Llantrisant, Cardiff, with thanks to HFWI, Eileen Dilley. We entered a Mini Cinema and provided with a spectacular close-up view of how they make a coin. We had a tour of the Royal Mint Experience and an opportunity to strike a commemorative version of the new £1 coin to take home as a memento.

Described as the most secure coin in the world, the new £1 has been launched amid concerns that the old 'round pound' can easily be counterfeited. Its security features include an image that changes from a '£1' symbol to 'I' when seen from different angles. The new coin is 12-sided, and harder to fake. The Royal Mint rounded off the corners to reduce wear and tear on vending machines and pockets.

Coins cost WI members £5 each or two for £7.50, we were limited to one coin each. This new 12 sided £1 coin, the most secure coin in the world, is year-dated 2017. Like all coins, it has a portrait of Elizabeth II on the 'heads' side. The new portrait is by Royal Mint coin designer; Jody Clark. The 12 sided £1 coin has a striking design, they are emblazoned with the words 'ELIZABETH II D.G. REG. FD (meaning 'Elizabeth II, by the grace of God. Queen and Defender of the Faith'. On the 'tails' side, the design refers to the four nations of the UK; with the rose, thistle, leek and shamrock all emerging from the single stem, within the royal coronet. It features a design by David Pearce who was just 15 years old when he won the public design competition. Altogether, an interesting day. Margaret Phillips, Peterstow WI

### LADY DENMAN CUP

The Lady Denman Cup Competition 2017 invites WI members to 'write a piece of poetry about what they love that could be lost to climate change'. Entries can be written in any poetical style but must use no more than 500 words. See enclosure and contact Federation Office for details

### MEMBERSHIP SUPPORT COMMITTEE

Resolutions: Please remember to send your voting instructions on the resolutions for the National Annual Meeting to your link delegate immediately following the discussion meeting.

Explore and enjoy your WI: We are looking forward to meeting you for a friendly and sociable chat about all things WI, on the evening of June 29<sup>th</sup>. Details and application form in the April mailing

### EDUCATION AND PUBLIC AFFAIRS

**GARDENER'S EVENING WITH REG MOULE**  
(Radio Hereford & Worcester) 17<sup>th</sup> July 2017

St Johns Hall, St Owen Street, Hereford at 7.30pm - £7.50

Reg will welcome questions and give advice. Bring any small plants that need attention or identification.

See enclosure for full details. Veronica Madgen

## DIARY OF EVENTS

DATE	EVENT	VENUE	COST	TIME
2 MAY	PROGRAMME PLANNING	WI HOUSE, ST OWEN STREET, HEREFORD	£5.00	9.30am
16 MAY	DIANA: HER FASHION STORY	KENSINGTON PALACE, LONDON	£36.00	see enclosure
2 JUNE	CRAFT TASTER DAY	BISHOPSWOOD VILLAGE HALL	£20.00	10am
28 MAY-2 JUNE	HAUNTED TALES HOLIDAY	CHESHIRE AND LANCASHIRE	£513.00	see itinerary
7 JUNE	NATIONAL ANNUAL MEETING	LIVERPOOL	As advised	tba
29 JUNE	EXPLORE AND ENJOY YOUR WI	SUTTON ST NICHOLAS VILLAGE HALL	£5.00	7.30PM
17 JULY	GARDENER'S EVENING WITH REG MOULE	ST JOHNS, HEREFORD	£7.50	7.30pm
23 JULY-30 JULY		SWITZERLAND	£899.00	see itinerary
12-14 SEPT	HOLIDAY IN LONDON	LONDON	tba	see itinerary
25 SEPTEMBER	COGAN CUP	ST JOHNS, HEREFORD	£10 per team	7pm
19-20 NOVEMBER	DENMAN TASTER DAY	DENMAN COLLEGE	tba	tba



## DRIVER REFRESHER COURSE FOR WI MEMBERS



What a day! On 31 March 5 members of Weobley WI attended a Driver Refresher Day organised by the Institute of Advanced Motorists. With no clear idea of what was involved, or how the course would progress, we arrived at Hereford Racecourse with no little 'concern'. We were welcomed and divided into four groups, given welcome mugs of tea or coffee, and the essential forms to complete. One surprise was to find over 60 women in attendance, all from Herefordshire WIs.

First we were tested - in a 'non-confrontational way' - on our knowledge of a book called The Highway Code, vaguely remembered from years before. After coffee it was our turn to work, searching photographs for road hazards, discussing attitudes 'behind the wheel' and we were horrified to learn that in 2015 there were 1,732 deaths, 22,144 serious injuries and 60,000 other injuries across the UK.

We were told the five most important points in good driving, using the acronym COAST: Concentration (keep alert and fresh), Observation (look to the farthest point on the road as well as in periphery and rear vision), Anticipation (be aware of potential hazards), Space (between vehicles) and Time (planning your journey with recognised breaks). After lunch, we each went off with an observer for 'a drive', and for some reason I expected this to be a 10 minute jaunt around the local area. But no, it was 45 minutes around Portway, Wellington, past Queenswood, then Bodenham and Sutton St Nicholas, all with frequent questions and close observation. Afterwards, I was debriefed on 16 aspects of my driving with advice on how I could improve, as well as compliments on what I already do. It was a very informative, positive and surprisingly enjoyable experience, so do give it a go. Report by Kate Best

## DENMAN REPORT

### HEREFORDSHIRE RESIDENTIAL DAY 19th—20th November 2017

Good news! We have another taster day booked for Denman in November, the work shops will be: Silver Clay Jewellery, Willow Weaving, Recycling Patchwork and Cookery.

If you would like any further information, please ring me.



### FUNDRAISING—SAVING DENMAN APPEAL



The fund raising for Denman is ongoing and many of you have come up with some novel ideas for raising money. I would love to hear from you if you are planning something in the future and thank you to all WI's and members that have already donated. DON'T FORGET you can look on line at [info@denman.org.uk](mailto:info@denman.org.uk) then (select courses) and you will be able to see what is on in the coming months at Denman.

Jenny Winchester, Denman Ambassador Telephone/text 07415 655126 [jennywinchester77@gmail.com](mailto:jennywinchester77@gmail.com)

## ACWW

### Brimfield WI fund-raising Lunch

On Sunday 9th April, a glorious early spring day, members of Brimfield WI hosted and self-catered a lunch for 70 members of the local community, in part to raise money for our chosen ACWW project. As well as being a most enjoyable village occasion, the resulting amount raised exceeded our expectations. The ACWW cost for each of the four short-listed projects we considered were substantially more than the amount that our WI would be able to pledge. However the option to co-sponsor, with no minimum amount required to be pledged, made it practical for us to adopt one as our project.

The stated aim of the particular project chosen by our members is to 'encourage women's computer literacy and participation in leadership' in Kwale County in Kenya. By providing training to an initial number of women, the idea is that this knowledge would be spread by them to other women in their communities.

We very much enjoyed the lunch and now look forward to receiving reports on our adopted project as it progresses. As all ACWW projects are carefully monitored and assessed, it is reassuring to know that all funds donated are spent as planned.





## SPOTLIGHT

### PEMBRIDGE WI

Meeting time: 2nd Wednesday of the month  
Venue: Pembridge Village Hall

For several years I have tried to persuade a couple of friends to accompany me to a Pembridge WI meeting. Most of them were scathing referring to them as "wild Indians" and others shouted an emphatic "No thank you!" So in December 2016 I proceeded to the local village hall on my own to attend my first Women's Institute meeting. What a treat they had in store for me for I didn't know it was the annual Christmas party and I experienced something I'd never done before - competing in a beetle drive! I have to say the tea was something to die for.

The following day in fact, was even more exciting - a trip to the pantomime at The Courtyard Theatre in Hereford. One of the members even volunteered to drive me to Hereford and we enjoyed the festive buffet before the show.

A month later was the Christmas lunch in the local pub, again delicious and congenial.

Now it's February, I've paid my subs and attended another interesting meeting.

We've had tea at the local tea room, a visit to a bowling alley, and a reading group meeting, all in this month, with a walk next month. I can assure my so called friends that the lovely ladies I've met so far are nothing like "wild Indians" and my life has become a social whirl ever since the December meeting.

written by a new member



New member's second meeting



On Manchester Station looking for pennies



Walking in the Elan Valley

**Next Month's Spotlight article will be on PENCOMBE & LITTLE COWARNE**



Mrs Eva Thomas, a past president of Little Hereford WI was presented with the British Empire Medal for services to the community, on Saturday April 8th. Lady Darnley presented Eva with the award which was followed by Afternoon Tea served to more than 70 invited guests. It was a wonderful afternoon for Eva and her family, some of whom had travelled from Japan, Germany and Scotland to share in the celebrations

#### ADVERTISING IN THE MONTHLY WI NEWSLETTER

Do you have friends/relations who run businesses in Herefordshire and are looking for more advertising opportunities. The cost to market your business across the county is from only £20 per monthly issue. Contact Mrs Ann Wood for further details.  
Telephone 01544 327237 Email annandrod.284@gmail.com

#### INDEPENDENT FINANCIAL ADVISERS

We are looking for people willing to train either as Independent Financial Advisors or willing to train as a trainer of Independent Financial Advisors. This is an important role and full training will be given by the Federation for both roles. Please contact Val Lewis or Pauline Shannon if you are interested, Contact details on front of this newsletter.

#### HANDICRAFTS CLUB

The club meets at the Salvation Army Citadel, Edgar Street on first Wednesdays, 11am—12.15pm. Subscription £6, visitors £1.00. Enquiries please contact:-Mrs Gaile Harris, Chairman Tel: 01432 649598  
3 May—Craft Day 7 June—Show and tell

## ADVERTISEMENTS - MAY

To place your advertisements, please contact Mrs. Ann Wood, Langtoft, Eardisley, Herefordshire, HR3 6PP  
Tel: 01544 327237 Email: [annandrod.284@gmail.com](mailto:annandrod.284@gmail.com) Copy and Payment by the 1<sup>st</sup> of previous month.  
SAE for receipt and cheque payable to HFWI

ADVERTISE your church fete/sale, Charity event, delicious W.I. Teas, coffee mornings and entertainment, etc. 20p per word. PUBLICISE your business across the county from only £20 per monthly issue.  
NO EXTRA CHARGE FOR BOX. TO SECURE YOUR SPACE SEND your advert, issue/months requested

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### Hereford Guild of Guides

Daily guided walks (no need to book)  
May 6<sup>th</sup> - Oct 31<sup>st</sup>,

Mon-Sat: 11.30am; Sunday 2.30pm;

From main entrance to Cathedral  
Tickets from Cathedral Shop/Guide  
Themed, booked walks all year:

Tel: 01981 590603 or 07527 993054  
**[Herefordguidedwalks.org.uk](http://Herefordguidedwalks.org.uk)**

### Mistletoe House By Appointment

Delicious Afternoon Teas  
Group Lunches

Something to celebrate?

Contact Marion for a memorable  
experience in your W.I. venue

or hall of your choice or

private parties at your home

All home-made delicacies served on  
vintage china with speciality tea/coffee.

01544 260035, 07964 710983,  
[marion@mistletoehouse.co.uk](mailto:marion@mistletoehouse.co.uk)

or find me on Facebook

### AN ENGLISH SUMMER FLOWER FESTIVAL CHURCH OF ST MARY HASFIELD, GL19 4LG

Saturday, 1<sup>st</sup> July

Sunday, 2<sup>nd</sup> July

10am - 4pm

**Refreshments, Stalls, Tombola**

**Contact: Sarah 01452 700599**

### TAPESTRY CANVASES

Beautifully stretched and made into cushions, bell-pulls, rugs, etc. Cheltenham 01242 233883

The right is reserved to refuse any article or Advertisement and to condense W.I. News.  
We do not accept responsibility for any Advertisements published in the newsletter.



# WI FORUM

**BISHOPSWOOD** enjoyed tea and cakes before the members joined groups to try new crafts of their choice, using materials provided by the leaders. Susan led a group making decoupage Easter eggs; Carol's made beautiful floral buttonholes suitable for any wedding or other occasion, while Annett was in charge of the brooch makers. All went home carrying or wearing the results of their work.

**BROMYARD** welcomed Malcolm Penny who spoke about the Manor House at Lower Brockhampton – a National Trust gem on our doorstep. Malcolm's enthusiasm for his subject shone through his slide and film show on the estate's history. He urged us to re-visit to see the recent changes - the whole house is now open with rooms dedicated to different eras. These include a bedroom in honour of an estate worker who paid the ultimate sacrifice in World War I and a sitting room complete with 1950s furniture and effects.

**MUCH COWARNE** was given a very interesting talk on The Work of the Street Pastors. This is a registered charity which Mike and Maggie Wilkinson went on to explain is a religious organisation which started in the UK in Brixton in 2003 and is now operating in 300 countries. The volunteers' main objective is to patrol the streets during the evening and assist persons in need of help due to all manner of stressful circumstances, such as alcohol, drugs, domestic and personal problems, which are so varied that the volunteers carry a back pack containing an extensive first aid kit, even flip flops for the odd shoe crisis!!

**UPTON BISHOP** were given a talk on Contemporary Spies by Bob Skelt, who kindly stepped in at very short notice, as the speaker originally booked was unwell and unable to come along. He told the group about spies from the 40's, 50's and 60's, spies like Kim Philby, Guy Burgess and Anthony Blunt, all who worked as spies for the Soviet Union. Kim Philby was a high ranking member of British Intelligence who served as a double agent before defecting to the Soviet Union in 1963.

**PETERSTOW** entertained Zoe White from Megan Baker House. The charity originated in Hungary for helping children with cerebral palsy and other conditions including dyspraxia and now also treats adults with Parkinson disease and stroke victims. It began in this county in 2002 to help a young girl, Megan, and developed into this charity in 2004 established near Leominster. Zoe explained that this technique can only be learned in Hungary or Birmingham University, although there are centres around the world. She proceeded to show us slides of the children being helped to overcome their disabilities.

**BOSBURY** welcomed Jill Salmon who gave an illustrated talk on the Costumes and Cultures of Peru. She first visited Peru 10 years ago and has just returned from visiting her son and family who live there. Her slides showed a country with spectacular scenery and colourful costumes. She visited Lake Titicaca and stayed with a local family in their village on the reed bed. The women here weave and the men knit. Her suitcase was brimming with skirts, jackets, hats, and ponchos, beautifully made in stunning colours which we were able to try on.

**ASTON INGHAM** welcomed Mr. David Barrie who gave us a talk titled, 'Feel good and Stay on Top - What Good Nutrition can do for you.' Mr Barrie told us that all disease can be traced to mineral deficiency and that there are now 76% less minerals in the soil. David was appalled when he saw that Worcester Hospital had food and drinks on offer with a high sugar content and ran a campaign for change. Some decades ago, when it was found that men in Norfolk were living much longer than men in other parts of the country, research found that it was due to the selenium in the soil in Norfolk. Our President told Mr. Barrie that Janet's uncle who is 95 is from Norfolk and has just moved down to live with Janet. (Janet is our Secretary). In March, Mary Watkins talked to **THE SUTTONS** about 'Bottle tops and Banana Leaves', a very interesting account of her year in Rwanda as a Volunteer. Mary is a primary school teacher, who currently works for Welsh Water as an Education officer. She spent a year in Rwanda with VSO at a Teacher Training College, helping the students to make teaching resources from anything they had available – hence bottle tops & banana leaves – also rice sacks and plastic bottles! It was amazing what they could produce to make their teaching more exciting. Mary keeps in contact with the college and the students and has revisited them



several times. It was a very inspiring talk, and made us all think about how you can make the most of the little you have.

**LINTON** and their guests from Aston Ingham and Upton Bishop played Beetle Drive; where winners and losers change places at different tables enabling us to meet other players through the session. It was followed by a delicious afternoon tea of cakes, salads, sandwiches to share over a chat and a cup of tea. In April members welcomed Mark Jessop who talked about the



# WI FORUM

Community First Responders, who are a group of highly skilled first aiders that often arrive at the emergency scene before the ambulance. If the ambulance has to come from far away, it is highly likely that the CFR will be first on the scene. Mr Jessop informed the group how important defibrillators are to the communities, rural and otherwise. He showed the group the defibrillators he carried with him and how to use them, although when the machine is activated it tells you what to



do step by step.

**BRAMPTON BRYAN** spent a wet afternoon visiting Owen Mabbott a blacksmith based in Kingsland. He showed us photos of some amazing projects he has been involved with, including a restoration project at Dover Castle. He then proceeded to demonstrate his skills by making a poker. At the end



there was a magnificent poker wrapped with a vine and leaf and having a cut twist on the main length of the item. A memorable visit that made our husbands wish they had been there. April's speaker was Fay Wentworth on 'The Ups and Downs of a Short Story Writer'. Her short stories, novellas and articles for children and adults have been published in magazines, anthologies, online and have won awards in national competitions, from the early years of being paid for a short story by Kay's Catalogue, to Peoples Friend for whom she wrote for over 20 years, amongst many others. Finally in 2009 Fay found a publisher and her dream of publishing her first book of short stories was realised. Her latest novella 'Are you Lost', was published and released in February and is based in Herefordshire around Leominster.



**HOLMER's** April meeting had a distinctly culinary flavour. Geoff Tookey, a local chef, demonstrated a smoked salmon dish and a pear and chocolate pudding, which we tasted. Ann Jackson gave a vote of thanks, emphasising the benefits of using locally sourced ingredients as far as is possible. Over the past months, Margaret Smart, member, has been compiling a cookery book to help commemorate the seventy fifth anniversary since Holmer WI was founded. It contains many recipes donated by our members and friends, and is now available to purchase.

**WEOBLEY GROUP MEETING** was entertained by Synergy, a wonderful a cappella male voice choir from Abergavenny. The obvious fun they were having in making music was infectious. From the liveliness of 'My Girl', through the lyrical qualities of 'Myfanwy' to a highly competitive - and hilarious - rendition of 'Duke of Earl', their singing was a delight. Many thanks are due to Eardisley for hosting the event and supplying us with such delicious refreshments.



**WEOBLEY** held a cake and produce stall in the village on Thursday morning 6th April (see photo attached). Our members did us proud in what they brought along to sell and we raised a tidy sum of money for our coffers.

**SALTMARSH & DISTRICT** worked with Angie Pearson, who's a Qualified Instructor with Extend - Fit4Life classes. Angie has been an Extend Instructor for ten years and is

passionate about being able to help people of all abilities to maintain a sense of well-being. Angie says it's quite simple - "Just keep moving!" and attending an Extend class does just that as it's exercising to music using simple, everyday equipment like scarves, hoops, balls and paper plates. Our picture shows us in action and that you can be seated or standing and having fun.



Go to WI News at [www.thewi.org.uk/herefordshire](http://www.thewi.org.uk/herefordshire) where you will find **fuller versions** of all reports above. If you have been sending in items and they do not appear in print or on the website, please contact me or Pauline so that we can rectify matters. Alison Lord, Forum Coordinator [wiforum.hfwi@gmail.com](mailto:wiforum.hfwi@gmail.com) 01544 340256